TAREEQAH MUHAMMADIYAH

NON-EXISTENCE
SPIRITS
WORLD
INTERMEDIATE WORLD
DAY OF JUDGEMENT
HELL
PARADISE

?
PERIOD OF NON-EXISTENCE
When there was only Allah

WORLD OF SPIRITS

SHORT PERIOD OF EXISTENCE TILL DEATH
Doing Nothing (1yr)
Sleep (22yrs)
Childhood (13yrs)
Actual Adult Living (6yrs)
Anxiety/Problems (1yr)
Bath/Toilet (2 yrs)
Work/Education (15 yrs)

YOU ARE HERE

Higher part of Barzakh (Intermediate world)
Lower part of Barzakh

Bridge of Siraat
SOUL NOT PURIFIED
ETERNAL LIFE IN HELL
PURIFIED SOUL
ETERNAL LIFE IN PARADISE

Our Whole Story

ONE WAY JOURNEY
NO RETURN, NO SECOND CHANCE

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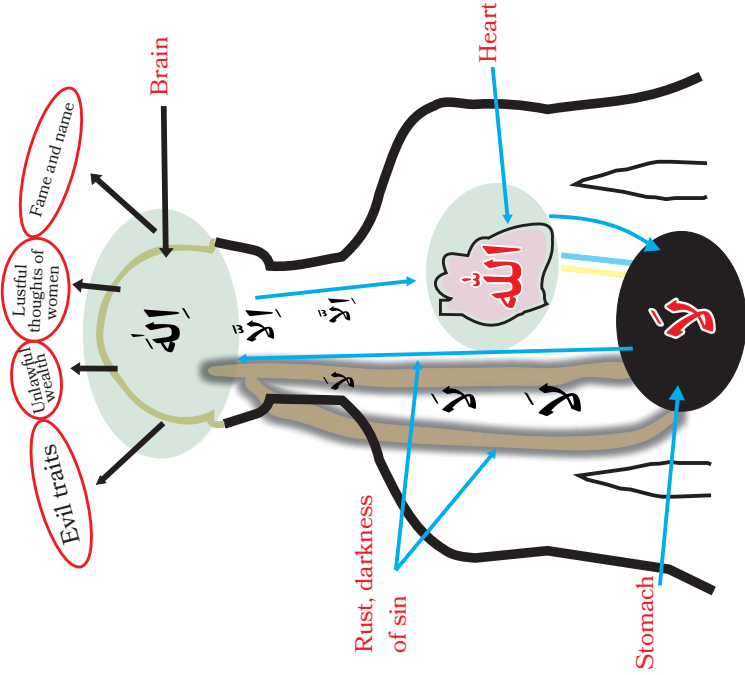
DHIKR DIAGRAM

لَا اِلٰهَ اِلَّا اللّٰه

‘La ilaha il Allah’

The seeker should imagine, that all the worldly material, wealth, women, fame and name are in the stomach. His head should be pointing towards his stomach. He should imagine he is breathing all of those things to his mind/head and say ‘*La*’ and raise his head until it becomes level. He should then say *‘Ilaha’* and imagine all of these are rising towards his Lord. He should imagine that he giving everything up for his Lord. He should imagine that Allah's name and light of Allah's name are above him. He should then say *‘IllAllah’* and direct this light towards his heart, then back to his stomach. The Dhikr should be repeated in this manner.

Before you begin your Muraqabah establish Presence of Allah in your mind and heart:
① Allah is with me ② Allah is seeing me ③ Allah is hearing me

Now recite the following:
① Recite بِسْمِ اللهِ الرَّحْمٰنِ الرَّحِيْمِ Once ② 3 Times أَسْتَغْفِرُ الله
③ 3 Times Durood Sharif ④ 3 Times لَا حَولَ وَلَا قُوَّةَ اِلَّا بِالله

Now close your eyes and imagine the name of Allah is bright in the skies. Light is spreading everywhere and it is touching your head as well. Through your head the light is entering the body and as it gets to your heart your heart starts to recite **“Allah Allah”**. Imagine everything in the universes is doing Dhikr of Allah as well.

During Muraqabah think of 7 things and present them in presence of Allah:
① Presence of Allah ② 7 Great Sins ③ 7 Blessings ④ 7 Needs ⑤ 7 Difficulties
⑥ Seek Guidance ⑦ Reliance on Allah

Reliance on Allah
Leaving it all to Allah and releasing it from your mind and heart and recite Durood and then gently open your eyes.

SINCERITY (IKHLAS)

Tick across everyday if the condition is met, if however you violate the condition(s) then stop and start from the beginning and write the Disciplinary rules number in the rule(s) violated column

Attempts	Level(s)	Start Date	Number of Days																														Rule(s) Violated
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
1																																	
2																																	
3																																	
4																																	

LEVEL 1
In all the major good deeds e.g. 5 daily prayers and one's dhikr, one should do them for the Pleasure of Allah and in order to attain salvation and reward in hereafter. One should check and refresh his/her intention in the beginning, middle and the end.

TONGUE

Attempts	Level(s)	Start Date	Number of Days																														Rule(s) Violated
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
1																																	
2																																	
3																																	
4																																	

See the **Heart Diagram** for sins of the tongue

PRAYER

Attempts	Level(s)	Start Date	Number of Days																														Rule(s) Violated
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
1																																	
2																																	
3																																	
4																																	

PREPARATION LEVEL To think and to refresh the belief that Allah, the Lord of worlds is with me, is watching me and is listening to my recitation & Dhikr in every posture of prayer at least once.